



Simple Changes for a Safer Home

Make it safe, comfortable, and functional.

- Use a jar opener to open bottles and containers.
- Place rubber strips in bathtub to make it non-slip.
- Use double-sided tape to secure carpets and throw rugs.
- Replace light bulbs with a higher wattage, where able, especially in stairwells.
- Install batteries in all smoke alarms.
- Plug in nightlights in dark hallways and the bathroom to reduce tripping.
- Install grab bars over the tub in the bathroom for better balance.
- Install rocker light switches at the top and bottom of the stairs to reduce the chance of tripping.